



## SAHAJA YOGA MEDITATION AUSTRALIA

### COVID 19 MANAGEMENT POLICY

Life Eternal Trust Australia (LETA) / Life Eternal Properties Australia Pty Ltd (LEPA) as the peak administration body for Sahaja Yoga Meditation Australia supports the following COVID-19 guidelines and recommends members observe and adhere to the measures designed to limit exposure to and the spread of Covid 19.

#### **BASIC GUIDELINES**

Organisers will ensure a high level of hygiene with all facilities being regularly cleaned with appropriate detergents and disinfectants, with paper towelling being provided for hand wiping.

Regularly thoroughly wash hands for 20 seconds using soap. Completely dry hands with disposable paper towelling.

Practice Social Distancing keeping 1.5m apart where practical.

Regularly use Hand Sanitiser after touching surfaces

Be mindful of symptoms and if any member of a family or member of a shared home display suspected or a confirmed Covid 19 infection all members should refrain from attending any gatherings or events to avoid possible spreading of the virus.

Should anyone attending an event, particularly over multiple days, show any signs of Covid 19, Cold or Flu symptoms, they should immediately wear a mask and stay away from others. They and their close contacts at the venue should leave the property to avoid contaminating others.

While mask wearing is presently not compulsory, masks will be available for anyone requiring them and anyone wearing a mask will be welcomed and respected for their choice.

Members who have experienced Covid 19 must wear a mask for 7 days following their isolation period.

Members preparing and serving food will have completed a Food Preparation Course and strictly adhere to Health Requirements.

Social gathering requirements of 1.5 metres will apply to members lining up for meals or other offerings.

## **ROUTINE CLEANING**

- Routine cleaning involves cleaning an area as required and at least daily.
- Cleaning should be carried out in all areas that have been accessed by people.
- Frequently touched surfaces should be regularly cleaned. This includes door handles, tabletops, kitchen bench tops, tea and coffee stations, welcome stations, bathroom fixtures, and toilets.
- The cleaning of hard-surface chairs or hard-surface floors is to be regularly carried out if these surfaces have been frequently touched or have had frequent traffic.
- Surfaces should be cleaned using detergent, disinfectant and water.

The frequency of cleaning of areas should be determined based on the use and exposure the area in a property or outside location is subject to.

## **CLEANING REQUIREMENTS FOLLOWING A CONFIRMED CASE OF COVID-19**

Areas of the property that have been used by a person with suspected or confirmed COVID-19 infection should be cleaned and disinfected. The person cleaning the area should wear disposable gloves and other personal protective equipment.

The whole premises may need to be cleaned, or only specific areas, depending on the areas that have been exposed.

### ***Basic facts***

- The virus that causes COVID-19 is spread by respiratory droplets generated when people with COVID-19 infection talk, breath, cough, sneeze or touch surfaces after touching their nose or mouth. The droplets can lead to infection in people who are in close contact. The droplets can also contaminate surfaces, where other people can pick the virus up.
- The COVID-19 virus can live for several days on some surfaces, such as stainless steel and plastic, under certain conditions. Sunlight, humidity and temperature can influence how long the virus survives in the environment.
- The virus can easily be destroyed through cleaning with a neutral detergent and a disinfectant.

### ***Guidance for cleaning***

- Cleaners should not enter a room for cleaning while the person in isolation or quarantine is in the room.

- Before entering the room for cleaning, cleaners should wait at least 60 minutes after the person in isolation or quarantine has left the room. This will ensure that any droplets have settled.
- Where able, windows, curtains and doors to balconies should be opened during cleaning.
- Any frequently handled items in the accommodation or household, such as remote controls, air conditioning controls, light switches, door handles and drawer/cupboard handles, need to be thoroughly and frequently (at least daily) cleaned using a physical wiping motion from the top down.
- Soft furnishings, such as lounges, chairs and bedheads, should be vacuumed. If more intensive cleaning is required steam cleaning should be used.
- All consumables, such as opened toilet rolls or tissue boxes, should be discarded unless they can be cleaned.
- The air conditioning filters should be cleaned if practicable
- The room should be allowed to air dry before being used again.

### ***Cleaning products***

- Cleaning of hard surfaces should be done using either:
  - **a cleaning and disinfection procedure in two steps:** first clean with a detergent, then follow with a disinfectant listed by the Therapeutic Goods Administration (TGA) with specific claims against COVID-19 or a 1:1,000PPM sodium hypochlorite solution.
  - **a 2-in-1 step process:** use a product that cleans and disinfects at the same time. Any hospital-grade TGA-listed disinfectant that has specific claims against COVID-19 is suitable if used according to manufacturer's instructions.
- Disinfectant solutions should be made fresh daily and gloves should be worn when handling and preparing solutions.
- Cleaning equipment, including mop heads and cloths, should be laundered in hot water and completely dried before reuse. Cleaning buckets should be emptied and cleaned with a new batch of cleaning and/or disinfectant solution and allowed to dry completely before reuse.

### ***Preparation of bleach solutions***

Household bleach comes in a variety of strengths of the active ingredient (sodium hypochlorite) and you can find this information on the product label often listed as available chlorine.

### **FACE MASKS**

At this time face masks are not required to be worn at Sahaja Yoga Meditation Australia gatherings within Sahaja Yoga Meditation Australia properties or in public gatherings, **except by people who:**

- Have a temperature equal to or higher than 37.5 degrees or any COVID-19 symptoms;
- Are awaiting the results of a COVID-19 PCR test;
- Have recently (in the past seven days) been released from isolation/quarantine; or
- Are a close contact of someone diagnosed with COVID-19.

Sahaja Yoga Meditation Australia maintains an environment where people feel comfortable to wear a face mask, if they prefer.

## HYGIENE

Sahaja Yoga fosters good personal and hand hygiene by:

- keeping hand hygiene facilities (clean running water, soap, and paper towels / air dryers) properly stocked and in good working order.
- placing hand sanitiser in visible locations to encourage hand hygiene.
- asking members to be mindful of good personal and hand hygiene.

## LEAVING ISOLATION

The type and severity of symptoms are key factors in determining when a diagnosed person or a close contact may leave isolation.

## DIAGNOSED CASES OF COVID-19

- A diagnosed person may leave isolation 7 full days from the COVID-19 test date "if the person has no fever or acute respiratory symptoms".
- Symptoms include acute respiratory symptoms, fever, sore throat, runny nose and a productive cough. Some people with COVID-19 experience ongoing symptoms including mild fatigue, mild dry cough or loss of taste or smell which are not acute respiratory symptoms.
- A diagnosed person who has a mild 'post viral' cough after fever or acute respiratory symptoms and no longer tests positive, may leave isolation. The diagnosed person does not need to have another COVID-19 test before leaving isolation.
- A diagnosed person who has been released from isolation must, for 7 full days from the end of isolation, wear a face mask when outside the home.
- A diagnosed person who has been released from isolation must not, for 7 full days from the end of isolation, enter and remain in a vulnerable and high risk setting (this includes healthcare facilities, residential aged care facilities, shared disability accommodation services, and corrective services facilities).

## **RISK MITIGATION**

Sahaja Yoga Meditation Australia members should employ the following baseline risk mitigation strategies:

- Advise volunteers/workers to:
  - stay at home when sick
  - get tested if COVID-19 symptoms present
  - maintain physical distancing (1.5m), where possible and practical
  - wash hands often using soap and water or hand sanitiser
  - sneeze or cough into their arm or a tissue (then put the tissue in the bin).
- Encourage COVID-19 vaccinations, including third / fourth vaccination booster where eligible.

Sahaja Yoga can add additional risk mitigation strategies to manage COVID-19 effectively depending on the local context, but proportionally where heightened risks necessitate it.

These strategies may include:

- Rapid Antigen Testing for workers/volunteers
- P2/N95 standard mask wearing for vulnerable persons and/or in vulnerable settings.
- Any other local level strategies.

## **VACCINATIONS**

Vaccinated and unvaccinated people are permitted to attend Sahaja Yoga Meditation Australia gatherings and public events. Sahaja Yoga Meditation Australia is not required to check the vaccination status of attendees.

However, vaccinations remain crucial in protecting those most vulnerable in our own and the broader community, reducing the risk of spread, hospitalisation and serious illness. Sahaja Yoga Meditation Australia encourages COVID-19 vaccinations, including third / fourth vaccination booster where eligible.

Sahaja Yoga Meditation Australia may decide to make COVID-19 vaccination an entry requirement for any particular activity, and can determine how to verify the vaccination status of attendees (this could be via use of the relevant state check in app and QR code system, or some other means).

## **ACTIONS FOR WHEN A MEMBER IS DIAGNOSED WITH COVID-19**

A person who has attended an event or activity where a person with COVID-19 was present is not considered a close contact and does not have to get tested or isolate (unless the person is a household member or household-like contact of the person diagnosed with COVID-19).

**OR** the person attending the event displays Covid 19 symptoms.

### *Inform close contacts*

A diagnosed person must inform their **household members\*** and **household-like contacts\*\*** that they are a confirmed case of COVID-19 and that each household member or household-like contact is considered a close contact. Close contacts only need to get tested and isolate if they have COVID-19 symptoms.

\*A **household member** is a person who ordinarily resides at the same premises or place of accommodation as the diagnosed person, and who are residing at the premises or place of accommodation at the time the diagnosed person receives their positive COVID-19 test result. You do not have to be related to the diagnosed person to be considered a household member.

\*\*A **household-like contact** is a person who has spent more than four hours with the diagnosed person in a house or other place of accommodation, care facility or similar.

It is every individual's responsibility to be up to date with local guidelines, rules and restrictions which have been proven to change over time. Sahaja Yoga Australia will not be held liable for any individual ignoring or unaware of these regulations.

Signed: 

LETA Trustee-Director

Date: 10-8-22